













P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS
FROM OUR COMMUNITY
& LOCAL BUSINESSES

Ideas for Donations

Baked Goods, Gift Certificates

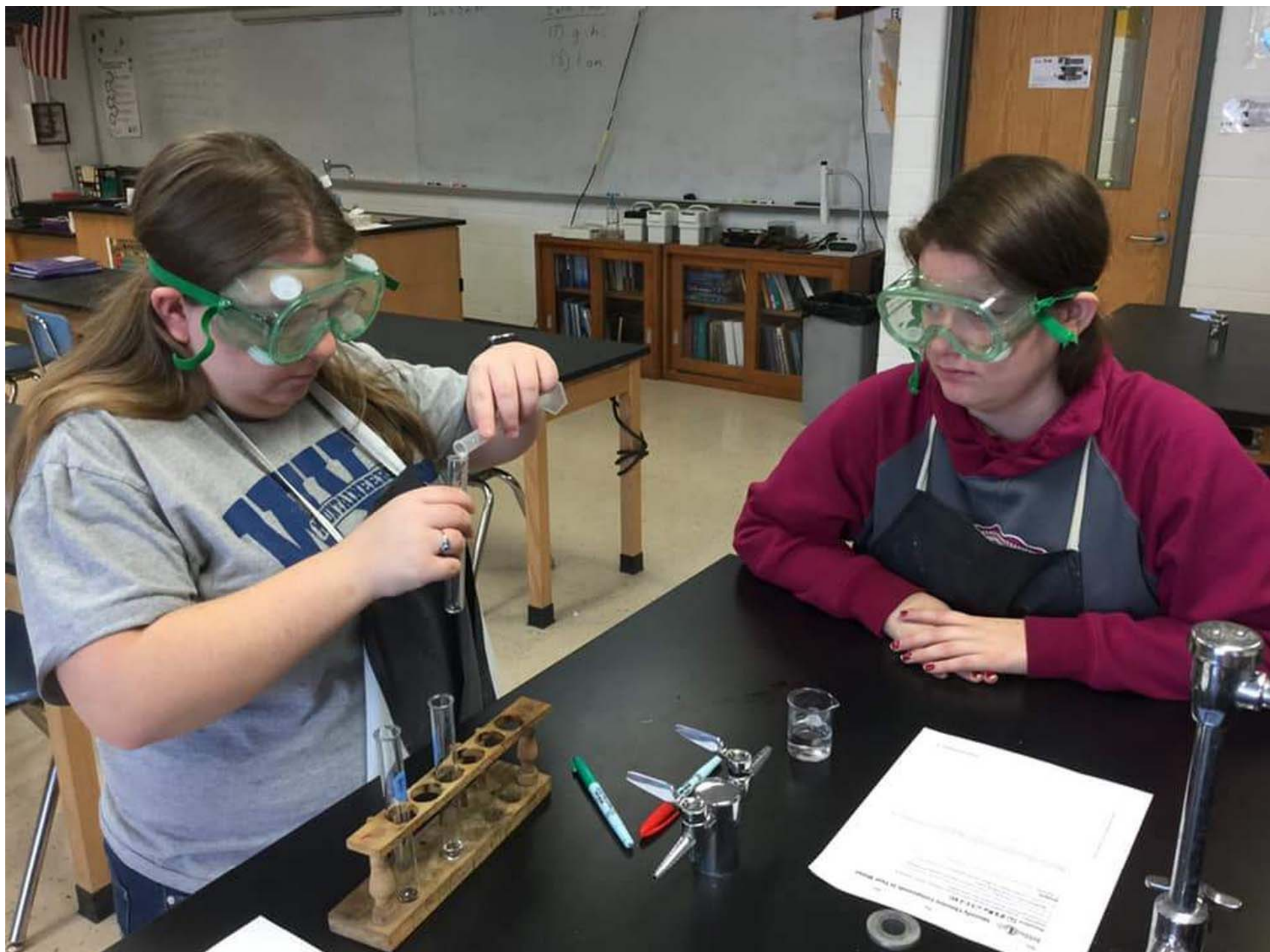
Home Made/Hand Made Items

31 Bags, Scentsy, And more...

****All Proceeds benefit PCHS students in need during the Holiday Season****

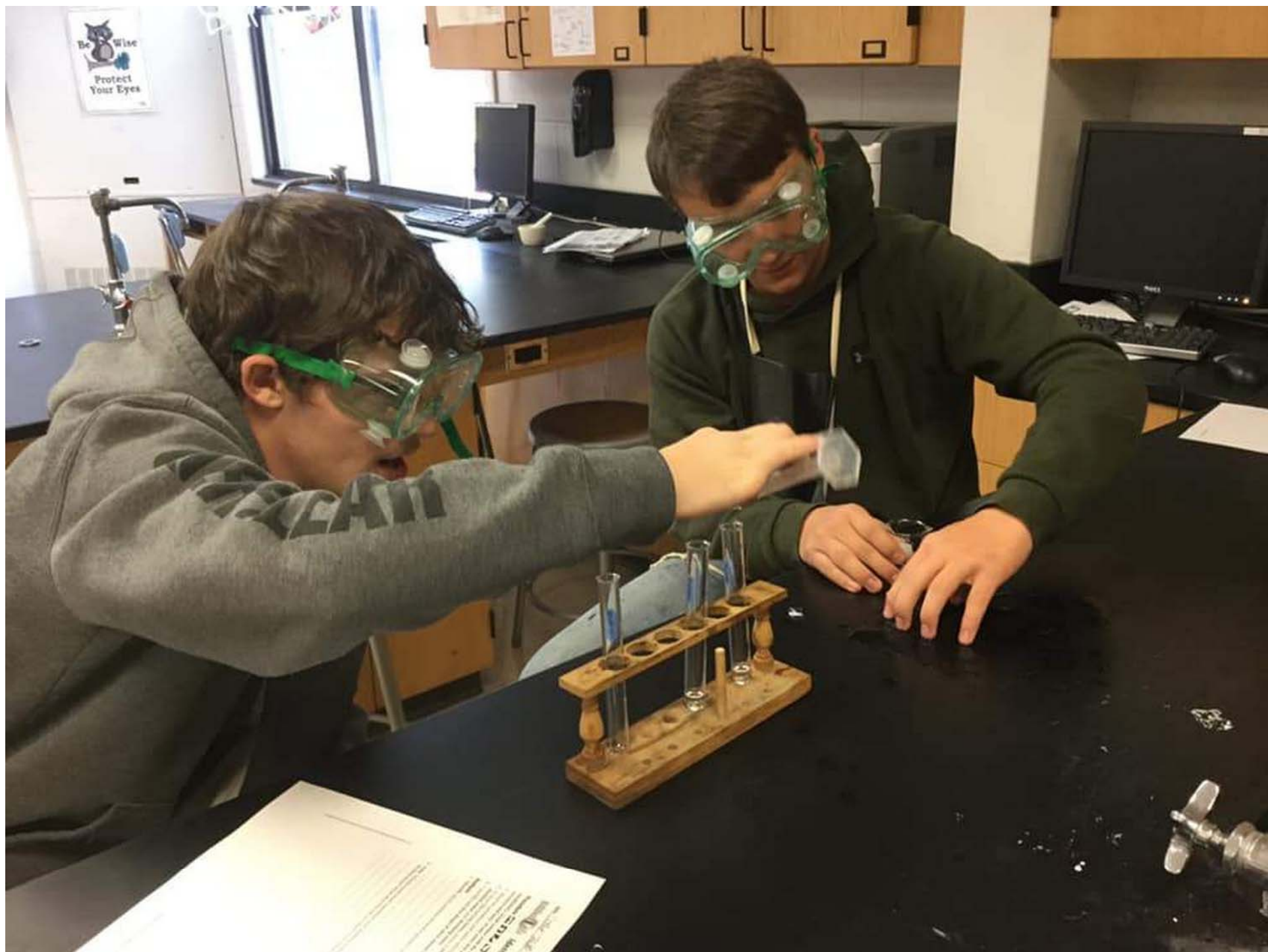
Friday, December 13, 2019

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)
for more information!!!









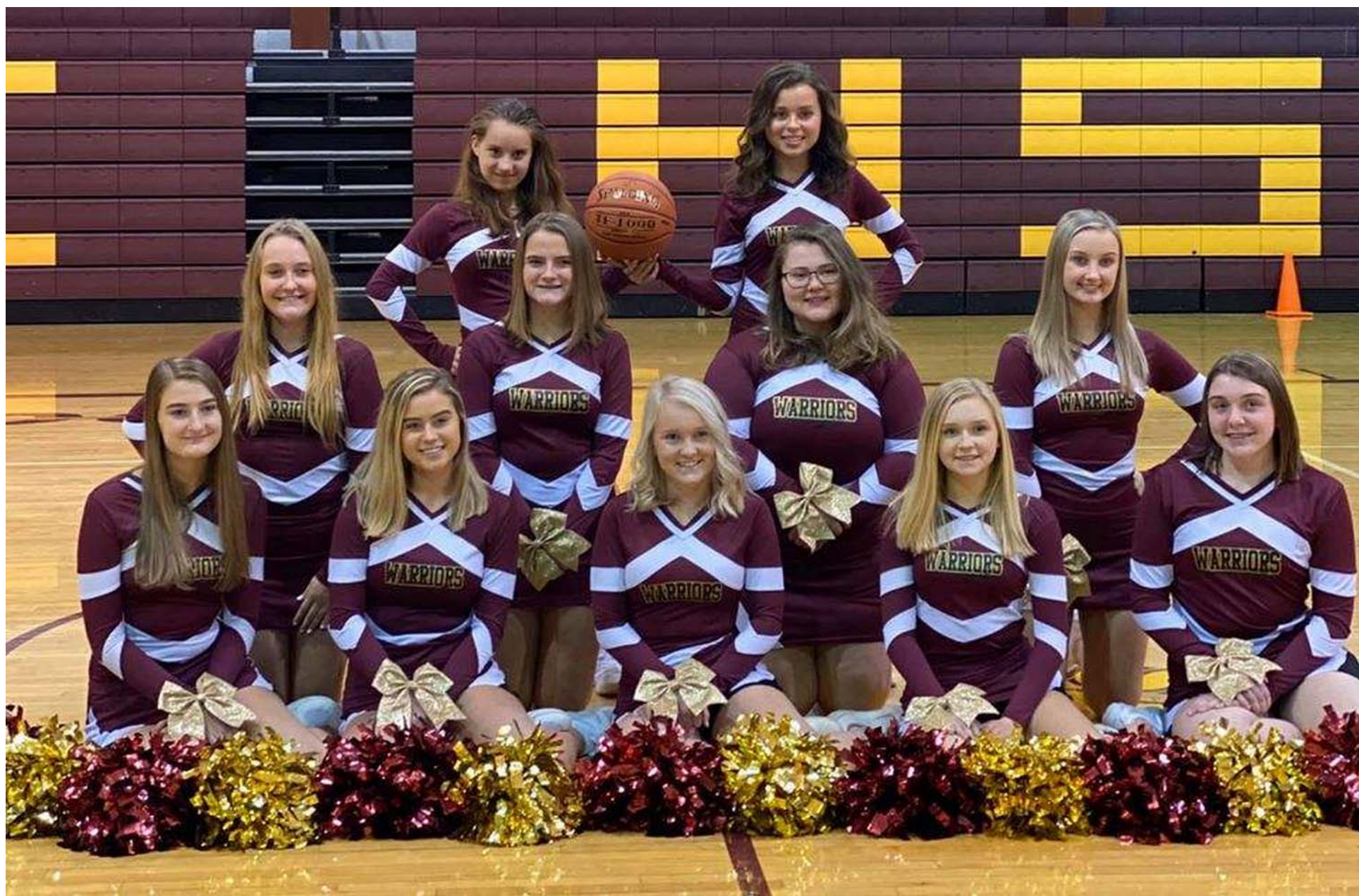




WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

NAME	EVENT	TIME
Michelle Melrose	100 M	14.93
C. Wimbush, Emma	200 M	31.07
Michelle Wilkins	400 M	27.91
Bridget Carroll	800 M	1:09.11
Cheryl Woodruff	1600 M	13.08
Adrienne Nottingham	3200 M	28.3
Adrienne Nottingham	6400 M	59.06
Tasha Cooke	12800 M	2:21.45
Tasha Cooke	25600 M	5:12.30
Cara Reddy	51200 M	10.00
Laila Calkins	100 YD	13.08
Laila Calkins	200 YD	28.3
Steph Jones	400 YD	1:09.11
Laila Calkins	800 YD	2:21.45
Adrienne Nottingham	1600 YD	5:12.30
Adrienne Nottingham	3200 YD	10.00
Adrienne Nottingham	6400 YD	20.00
Adrienne Nottingham	12800 YD	40.00
Adrienne Nottingham	25600 YD	80.00
Adrienne Nottingham	51200 YD	160.00
Adrienne Nottingham	102400 YD	320.00
Adrienne Nottingham	204800 YD	640.00
Adrienne Nottingham	409600 YD	1280.00
Adrienne Nottingham	819200 YD	2560.00
Adrienne Nottingham	1638400 YD	5120.00
Adrienne Nottingham	3276800 YD	10240.00
Adrienne Nottingham	6553600 YD	20480.00
Adrienne Nottingham	13107200 YD	40960.00
Adrienne Nottingham	26214400 YD	81920.00
Adrienne Nottingham	52428800 YD	163840.00
Adrienne Nottingham	104857600 YD	327680.00
Adrienne Nottingham	209715200 YD	655360.00
Adrienne Nottingham	419430400 YD	1310720.00
Adrienne Nottingham	838860800 YD	2621440.00
Adrienne Nottingham	1677721600 YD	5242880.00
Adrienne Nottingham	3355443200 YD	10485760.00
Adrienne Nottingham	6710886400 YD	20971520.00
Adrienne Nottingham	13421772800 YD	41943040.00
Adrienne Nottingham	26843545600 YD	83886080.00
Adrienne Nottingham	53687091200 YD	167772160.00
Adrienne Nottingham	107374182400 YD	335544320.00
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Ad		









NOVEMBER 2019

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DECEMBER 2019

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JANUARY 2020

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FEBRUARY 2020

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**CAMP TWIN CREEKS****1-800-451-8806****www.camptwincreeks.com**

**POCAHONTAS COUNTY
HIGH SCHOOL
WINTER SPORTS 2019-20**

**CAMP TWIN CREEKS****1-800-451-8806****www.camptwincreeks.com**

BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

ALL SCHEDULES ARE SUBJECT TO CHANGE

ATTENTION: PCHS Males

On Behalf of the US Selective Service System and US Department of Education:

All males are required to register with the US Selective Service beginning 30 days prior their 18th birthday and extending 30 days thereafter. Late registration is accepted up to the 26th birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:

- **Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;**
- **Ineligibility to receive federal and, in some cases, state student aid;**
- **Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;**
- **Ineligibility for security clearances; and**
- **Delay in citizenship proceedings.**

For more information and /or to register:

<https://www.sss.gov/Registration-Info/Who-Registration>

or

Stop by the School Counselor's Office

POCAHONTAS COUNTY SCHOOLS

December Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zucchini Bread Cereal Fruit Pizza Applesauce Cup Peas Diced Potatoes	French Toast Sticks Cereal Fruit Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexicali Corn Fruit	Bagel w/Cream Cheese Yogurt Fruit Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	Sausage Gravy Biscuit Yogurt Fruit Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	Pancakes Cereal Fruit Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
Strudel Yogurt Fruit Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	Pretzel w/Cheese Cereal Fruit Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	Homemade Cinnamon Roll Yogurt Fruit Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	Egg & Cheese Biscuit Cereal Fruit Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	Breakfast Burrito Yogurt Fruit Chicken Tenders Macaroni & Cheese California Blend Fruit
Breakfast Pizza Yogurt Fruit Sloppy Joe Oven Fries Carrot Stix Fruit	Sausage Biscuit Cereal Fruit Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	Yogurt Fruit Parfait or Strawberry Smoothie Cereal Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	Blueberry Muffin Cereal Fruit Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	Cooks' Choice
Professional Learning Day No School for Students	Christmas Break No School	Christmas Day No School	Christmas Break No School	Christmas Break No School
Christmas Break No School	Christmas Break No School			

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.





Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillet and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.

The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖



Aliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals. Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.

Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.



School bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture

FAKE SKIN | MOUNTAINEER HERITAGE HUNTING SEASON | HERMITAGE OF THE HOLY CROSS

WONDERFUL WEST VIRGINIA



Close

POCAHONTAS COUNTY

Senior Basketball(G) Schedule

Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

Close

POCAHONTAS COUNTY

Senior Basketball(B) Schedule

Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBAPM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior NightPM	H -	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

Close

**2019 Elf auction**

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist



BATTLE OF THE CLASSES

October



Sophomores

November



Freshman











































WARRIOR - SPIRIT COURAGE

POCAHON
TRACK

TRACK

1

10

C. Wessberg/Kronen

Robert C. Green

Abstract

Abstract

Trade Credits

Course description:

Unit Contents

[illegible]

Abstract

What's New in This Edition?

1999

1

17

11

1

14

10

10



1

10

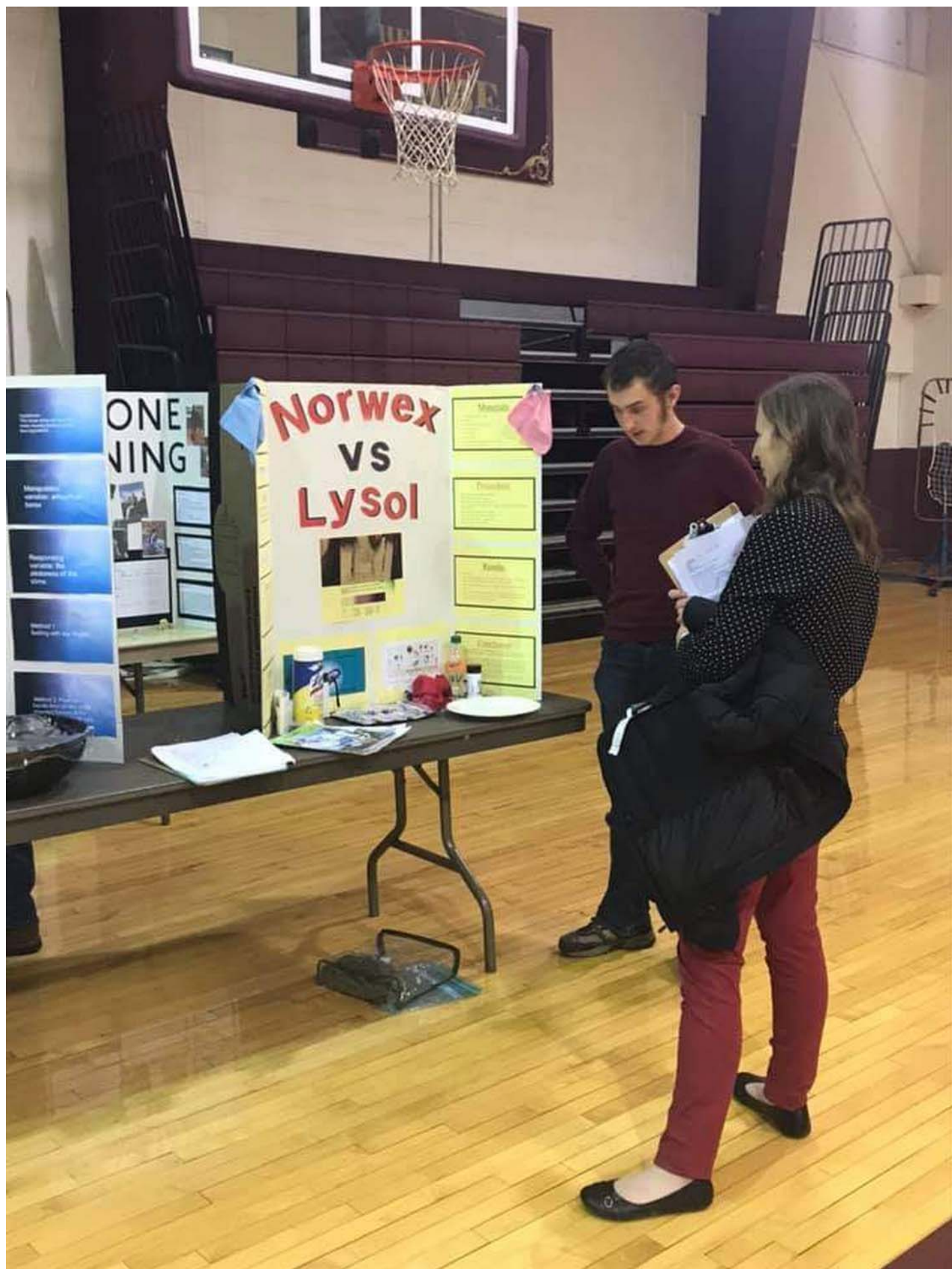
10



10

10

10







ART

The mothers are just not sharing the different ways, and believe they tend to therapy and not after. The women make their own, feelings, saying mothers that believe the family and that have the women affected.

**SUICIDE
PREVENTION**
LIFELINE
1-800-273-TALK

The procedure was to ensure that sufficient material for three months' supply was obtained, etc. We had from companies now selling nothing the equipment and fittings of the equipment. These materials were granted the Data that we found.

[illegible]

Hypothese:
(Die Hypothese ist, dass die ...)

YOU matter.
You are loved.
You are loved.

COMBAT

...the
... ..
... ..

- [illegible]

A 3D display titled "DEPRESSION" in large, stylized letters. The display includes a small portrait of a person, a stack of papers, and a small blue sticky note.

WE'RE GOING GREEN



The purpose of the environmental science project is to determine if green detergents are safer for the environment than conventional detergents.

Purpose



To test the safety of green detergents. Green detergents are safer for the environment than conventional detergents because they are biodegradable.

Hypothesis



Materials

Chemicals in Conventional Detergent

Conventional detergents contain a variety of chemicals that can be harmful to the environment. These include phosphates, which can cause eutrophication in water bodies, and surfactants, which can be toxic to aquatic life. Other chemicals found in conventional detergents include bleach, ammonia, and various fragrances.

Procedures

1. Label Detergent cups with the name of the detergent and the amount of detergent.
2. Determine the detergent volume. Measure 100 mL of the detergent into a graduated cylinder.
3. Pour the detergent into the detergent cups and up to the 100 mL mark.
4. To the detergent cups, add 100 mL of water.
5. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
6. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
7. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
8. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
9. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
10. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
11. To the detergent cups, add 100 mL of the detergent and 100 mL of water.
12. To the detergent cups, add 100 mL of the detergent and 100 mL of water.

Exposing The Worms

1. Place a worm in each of the detergent cups.
2. Observe the worm for 10 minutes. Record the worm's behavior.
3. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
4. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
5. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
6. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
7. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
8. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
9. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
10. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
11. Add 100 mL of water to each detergent cup. Observe the worm's behavior.
12. Add 100 mL of water to each detergent cup. Observe the worm's behavior.

Analyzing Effects of the Detergents on the worms

1. After 10 minutes, observe the worms. Record the worm's behavior.
2. Record the worm's behavior. Record the worm's behavior.
3. Record the worm's behavior. Record the worm's behavior.
4. Record the worm's behavior. Record the worm's behavior.
5. Record the worm's behavior. Record the worm's behavior.
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10. Record the worm's behavior. Record the worm's behavior.
11. Record the worm's behavior. Record the worm's behavior.
12. Record the worm's behavior. Record the worm's behavior.



Independent Variable

The independent variable is the type of detergent used. The dependent variable is the worm's behavior.



Dependent Variable

The dependent variable is the worm's behavior. The independent variable is the type of detergent used.



Conclusion

The conclusion is that green detergents are safer for the environment than conventional detergents. Green detergents are biodegradable and do not contain harmful chemicals.

The conclusion is that green detergents are safer for the environment than conventional detergents. Green detergents are biodegradable and do not contain harmful chemicals.



IF YOU DON'T USE IT..

DO YOU LOSE IT?

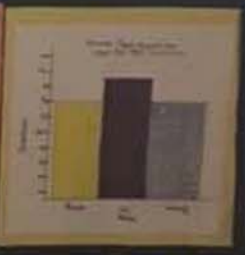
Summary
The first part of the report is a summary of the project. It includes the aims and objectives, the methodology, and the results. The second part is a discussion of the results, and the third part is a conclusion.

Method
The data was collected from a survey of 100 people. The survey was conducted online and the results were analysed using statistical software.

Results
The results of the survey show that 60% of people use the product, while 40% do not. The reasons for not using the product are listed below.

Discussion
The results of the survey suggest that there is a need for more information about the product. This could be provided through a series of workshops or seminars. The results also suggest that there is a need for more support for people who do not use the product.

Conclusion
The results of the survey show that there is a need for more information about the product. This could be provided through a series of workshops or seminars. The results also suggest that there is a need for more support for people who do not use the product.

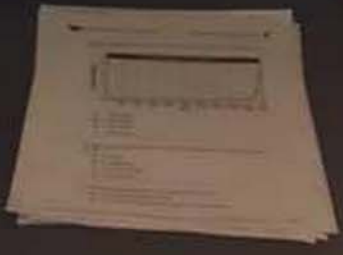
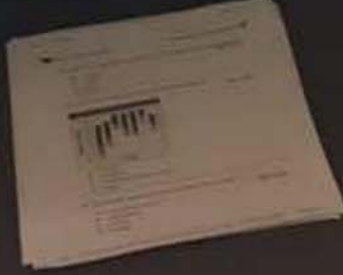


References
The following references were used in the report:
1. Smith, J. (2010). The importance of user feedback. *Journal of User Experience*, 1(1), 1-10.
2. Jones, M. (2011). The role of user research in product development. *Product Development*, 2(2), 1-10.

Appendix
The following appendixes are included in the report:
1. Appendix A: Survey questions.
2. Appendix B: Survey results.

Appendix A
The following are the questions asked in the survey:
1. How often do you use the product?
2. How easy is it to use the product?
3. How useful is the product to you?

Appendix B
The following are the results of the survey:
1. 60% of people use the product.
2. 40% of people do not use the product.



Paw Preference

Do pets show handedness like human do?

Abstract

Abstract

Abstract

Abstract



Purpose

•To discover the most consistently effective cleanser, and which cleanser removes the most protein.

Question

•Which cleanser removes the most protein, which is the food source of bacteria and germs, from a plate?

Hypothesis

•Out of the two cleansers: Lysol Disinfecting Wipes and the Norwex EnviroCloth, the Norwex EnviroCloth should remove the most protein from a plate.

Variables

•Norwex EnviroCloth
•Lysol Disinfective Wipes

Norwex vs Lysol



Materials

1. Norwex EnviroCloth
2. Lysol
3. Lysol Disinfecting Wipes
4. Food Source
5. Dish Soap
6. Water
7. Paper Towels
8. Paper Plates
9. Test Tubes
10. Test Tube Rack

Procedure

1. Prepare the test tubes and test tube rack.
2. Prepare the test tubes and test tube rack.
3. Prepare the test tubes and test tube rack.
4. Prepare the test tubes and test tube rack.
5. Prepare the test tubes and test tube rack.
6. Prepare the test tubes and test tube rack.
7. Prepare the test tubes and test tube rack.
8. Prepare the test tubes and test tube rack.
9. Prepare the test tubes and test tube rack.
10. Prepare the test tubes and test tube rack.

Results

1. The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes.
2. The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes.
3. The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes.
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10. The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes.

Conclusion

1. The conclusion of the experiment is that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes.
2. The conclusion of the experiment is that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes.
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7. The conclusion of the experiment is that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes.
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9. The conclusion of the experiment is that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes.
10. The conclusion of the experiment is that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes.





On Target



Research

- The first thing I noticed when I was in the field was that it was a very hot day. I was wearing a hat and a long-sleeved shirt to protect myself from the sun. I was also wearing a long-sleeved shirt to protect myself from the sun.
- I was also wearing a long-sleeved shirt to protect myself from the sun.
- I was also wearing a long-sleeved shirt to protect myself from the sun.



Procedure

1. I was wearing a long-sleeved shirt to protect myself from the sun.
2. I was wearing a long-sleeved shirt to protect myself from the sun.
3. I was wearing a long-sleeved shirt to protect myself from the sun.

Conclusion

I was wearing a long-sleeved shirt to protect myself from the sun. I was wearing a long-sleeved shirt to protect myself from the sun. I was wearing a long-sleeved shirt to protect myself from the sun.



References

I was wearing a long-sleeved shirt to protect myself from the sun. I was wearing a long-sleeved shirt to protect myself from the sun. I was wearing a long-sleeved shirt to protect myself from the sun.

ENERGY DRINK

EFFECTS







Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up a PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]

Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

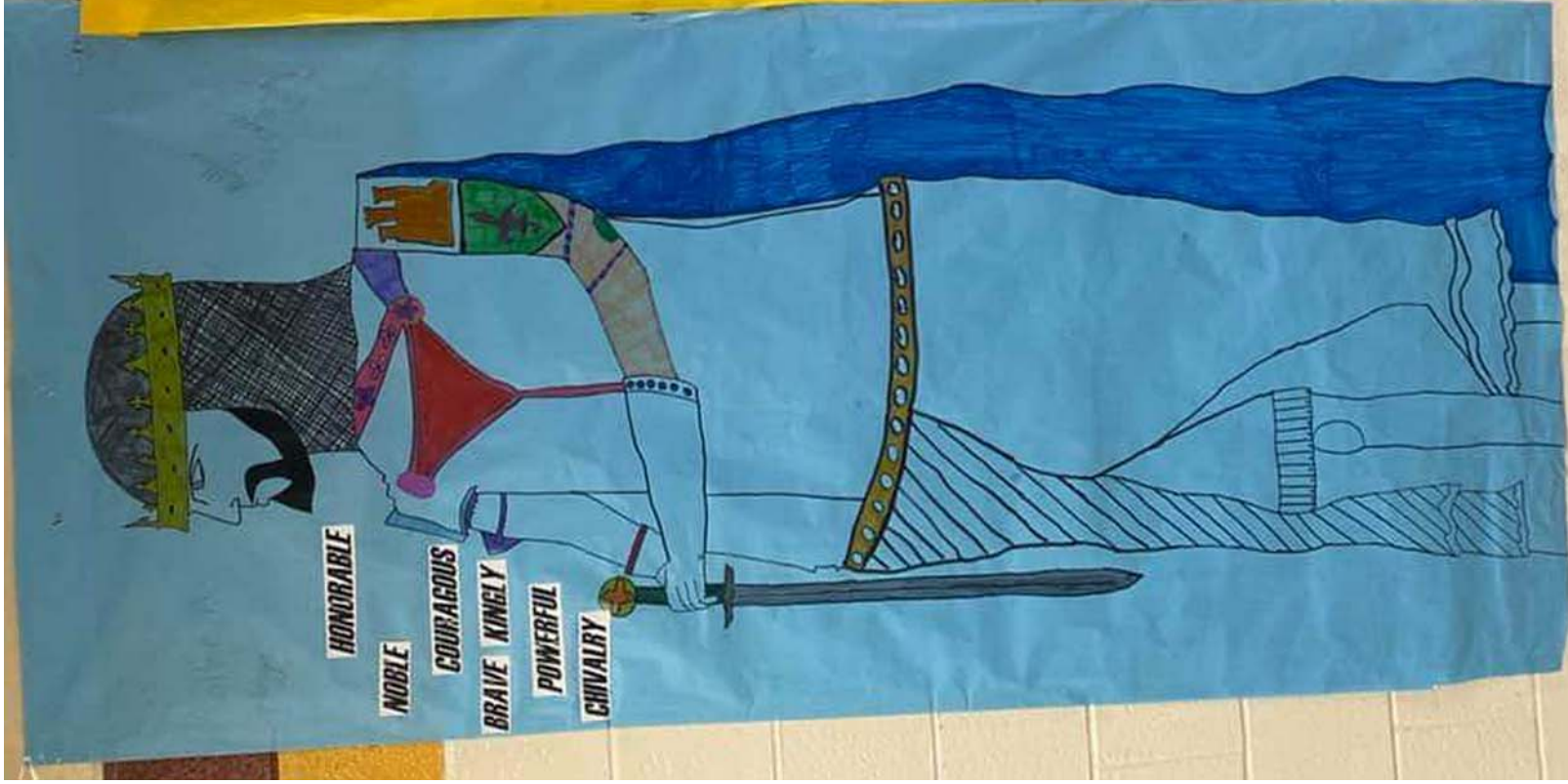
Kira Bircher

Laila Calhoun

**THANK YOU
VETERANS**















WARRIOR TERRITORY

[illegible]

POCAHONTAS COUNTY TRACK RECORDS	
	FEET
Steve Stevenson	100 1:40.00 1987
Art Hasty	200 3:50.00 1987
Rock Tate	400 1:00.00 1987/1988
Paula Davis	500 2:00.00
Johnny Burtis	1,000 4:00.00 1987
Paula Davis	1,500 6:00.00
Paula Davis	2,000 8:00.00
Paula Davis	2,500 10:00.00
John Stevenson	3,000 12:00.00
William Stevenson	3,500 14:00.00
John Davis	4,000 16:00.00 1987
Johnny Hasty	4,500 18:00.00
John Stevenson	5,000 20:00.00
John Stevenson	5,500 22:00.00
John Stevenson	6,000 24:00.00
John Stevenson	6,500 26:00.00
John Stevenson	7,000 28:00.00
John Stevenson	7,500 30:00.00
John Stevenson	8,000 32:00.00
John Stevenson	8,500 34:00.00
John Stevenson	9,000 36:00.00
John Stevenson	9,500 38:00.00
John Stevenson	10,000 40:00.00

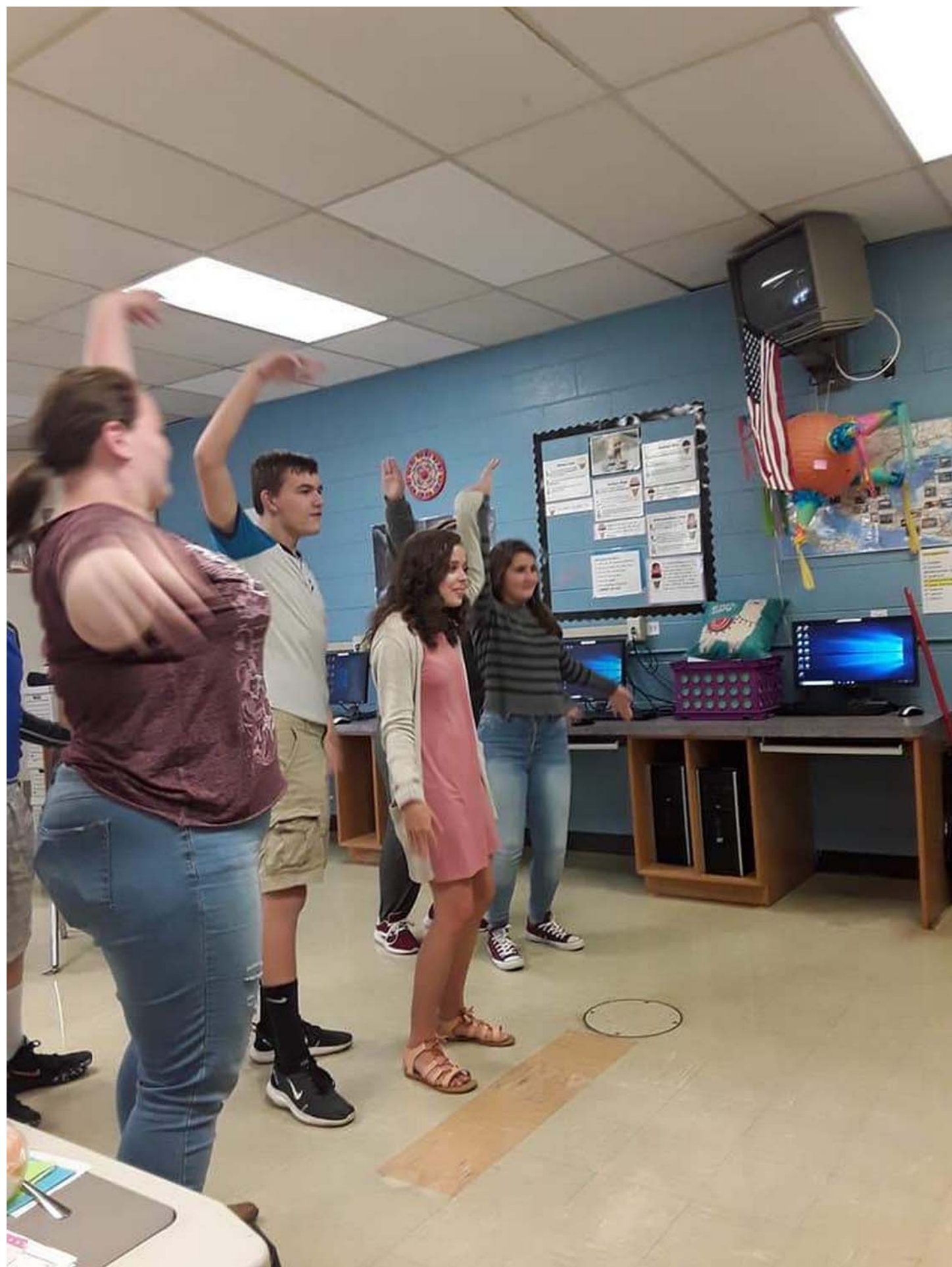






















YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$10 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**

Prayer Locker

**Write your prayer
request on the paper
provided and put it
through this
locker slot.**

We will be happy to pray for you.
You do not have to give your name
and all prayer requests will remain
confidential.

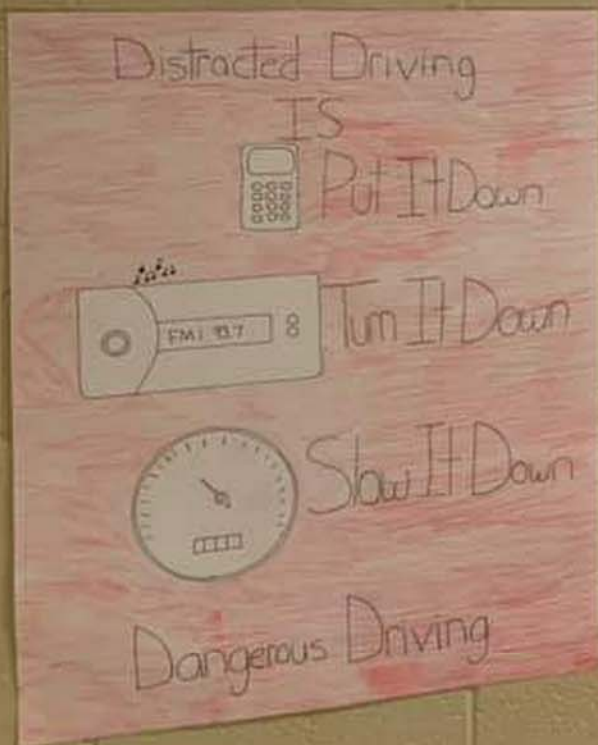
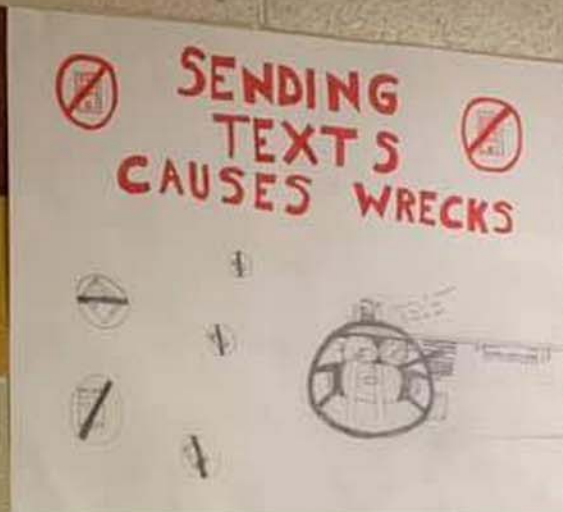
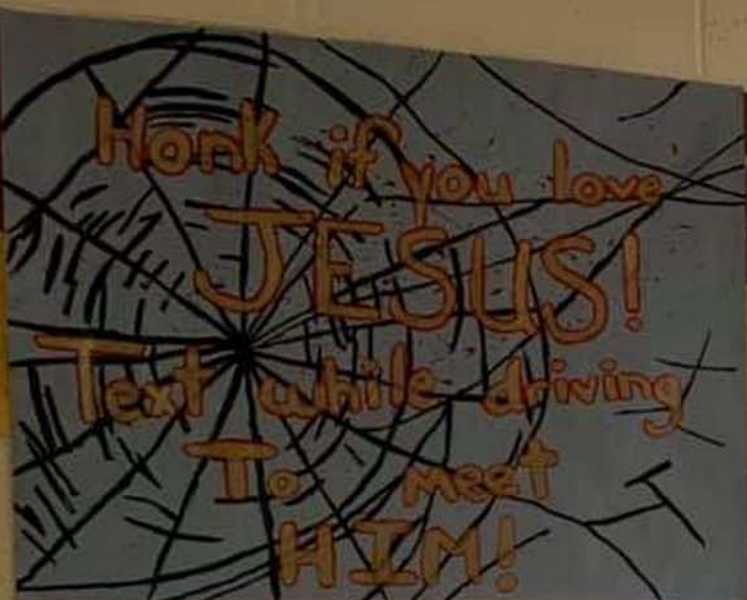
Sponsored by FCA: PCHS HUDDLE



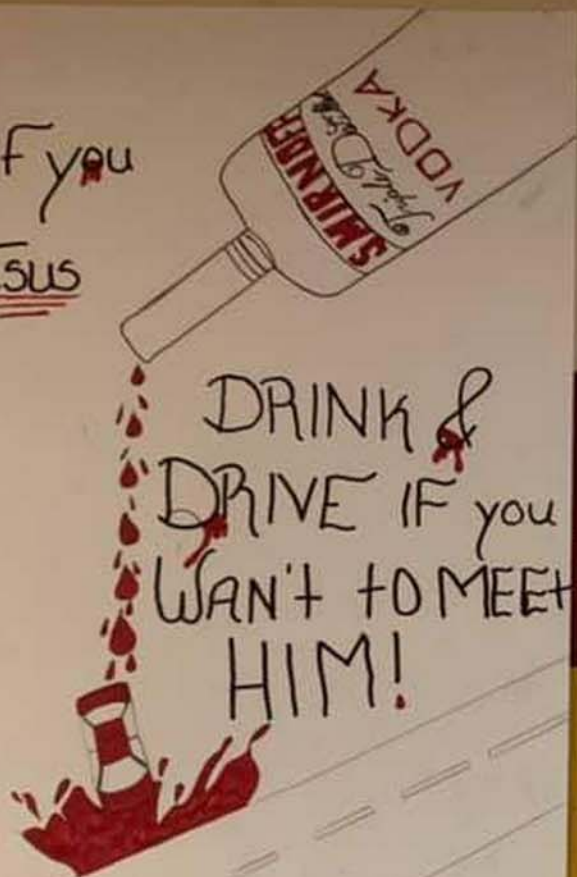
POCAHONTAS COUNTY SCHOOLS
November Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Whole grain bagel w/cream cheese Cereal fruit Tomato Soup Grill Cheese Broccoli Fruit Cookie
⁻⁴ Sausage pancake Whole grain cereal Fruit Chicken Sandwich Tomato/lettuce/onion Peas Applesauce cups Romaine w/vinaigrette	⁵ Colby cheese omelet Whole grain cereal Fruit Beef Burrito w/whole grain tortilla wrap Lettuce/tomato/salsa Broccoli Beans Mixed fruit	⁶ Fresh fruit cup Yogurt Whole grain cereal Lasagna Green beans Mixed Fruit Roll	⁷ Breakfast sausage pizza Whole grain cereal Fruit Hot Ham and cheese on whole grain bagel Sweet Potato Fries Corn Fruit	⁸ Yogurt fruit parfait Whole grain cereal Popcorn Chicken Carrots California Medley Fruit Cookie
¹¹ Veteran's Day Holiday No School	¹² Egg and cheese wrap Whole grain cereal Fresh fruit Cheeseburger Bake beans Fresh fruit Birthday Cake	¹³ Blueberry muffin Whole grain cereal Fruit Chicken Caesar Romaine Salad Sweet Potato Fries Carrots Sliced Apples with soy nut butter	¹⁴ French Toast Stix Whole grain Cereal Fruit Salisbury Steak Green beans Mash Potatoes Roll Fruit	¹⁵ Homemade Cinnamon Rolls Whole grain Cereal Fruit Chicken Nuggets Parmesan Broccoli French fries Fruit
¹⁸ Egg and cheese Biscuit Whole grain cereal Fruit Meatball Hoagie California Blend Tator tots Fruit	¹⁹ Yogurt w/ granola Whole grain cereal fruit Chicken Chimichanga Carrots Sweet Potato fries Mixed fruit	²⁰ Egg cheese ham wrap Whole grain cereal Fruit Chili Bake potato Parmesan Broccoli Applesauce cup Cornbread Crackers	²¹ Banana Bread Whole grain cereal Fruit Turkey Mashed potatoes w/gravy Green beans Roll Cooks' choice dessert	²² Cooks' Choice Breakfast and Lunch!
²⁵ Thanksgiving Break No School	²⁶ Thanksgiving Break No School	²⁷ Thanksgiving Break No School	²⁸ Thanksgiving Day Holiday No School	²⁹ Thanksgiving Break No School





HONK IF you
LOVE Jesus



DRINK &
DRIVE IF you
WAN'T TO MEET
HIM!

DISTRACTED DRIVING

A people are
from distracted
driving is bad

account for
25% of all motor
crash fatalities

While I'm at it
I'll just say something
I keep thinking is important
about



Don't Drink and Drive



DISTRACTED
DRIVING

ONE CALL OR
TEXT
COULD END
IT ALL

It Can
Wait



*you put everyone
in danger,
when you have
road anger!*

• almost 30 murders are
linked to road rage each year

• 66% of traffic fatalities
are caused by aggressive
driving

• victims of road rage
often become aggressive
themselves



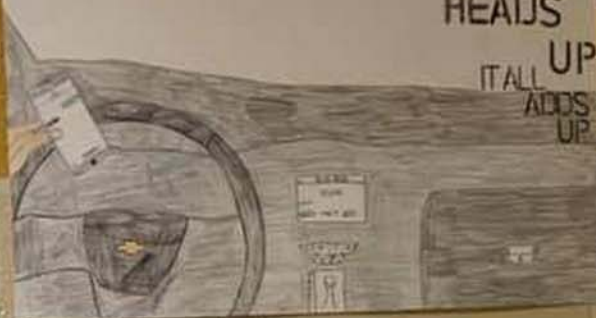
DONT
DRIVE DRUNK
IT IS NOT A



BUCKLE
UP

HANG
UP

HEADS
UP
IT ALL
ADDS
UP



DONT DRINK
and
Drive



The clock will
Keep Ticking But
Your Heart
Won't



ROAD
RAGE
DONT DRIVE AGGRESSIVELY
BE UNDERSTANDING IF A
DRIVER CAUSES A PROBLEM





It Can
Wait





LEAVE IT **UNREAD**
OR END UP **DEAD**

It's More
Than Just A
TICKET,

It's  $\frac{1}{5}$ 

Your



LIFE

Don't Drink And Drive...
Your



First Sip
Could Be your Last!

no Distraction
is Worth a Life...
It CAN WAIT!



DRUNK DRIVING



Alcohol & A
wheel gon'
get ya

Killed

Over 65% of all fatal single car crashes
are alcohol related.

If
the
your
you're feeling
RAGE
check
GAUGE

66%



DONT
MAKE
A
FUSS

STOP
FOR
THE
BUS

